

TWO DEAD IN THAI PROTESTER CLASH, PG 6



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HALIFAX • TUESDAY, APRIL 14, 2009

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Celebrity pg 18

Sam wants Lilo to seek help

Teens wanted for car thefts

HEIST Police officers were on the lookout for a couple of teenage car thieves yesterday in Dartmouth.

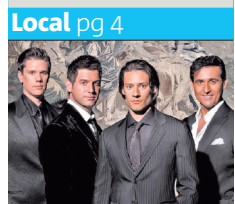
Staff Sgt. Sean Auld of Halifax Regional Police said two young males crashed a stolen car into a lamppost on Princess Margaret Boulevard shortly after 12 p.m., causing moderate damage to the vehicle.

"(They) stole a Dodge Neon, struck a light pole, exited the vehicle and entered a Jeep Cherokee," he said.

They dumped the second stolen vehicle in a parking lot at 461 Windmill Rd. before running away. A police dog followed a track to a nearby home.

Police hadn't made any arrests by late yesterday, but were looking for a 16-year-old male who was wearing a black New York Yankees ball cap and a large black jacket, as well as a "chubby" male about 16 or 17 years old who was wearing a dark T-shirt at the time.

METRO HALIFAX



Il Divo star loves knickers

Health pg 15

Brush to keep heart healthy

Water Aboriginal day of action



Bert Milberg leads a spiritual prayer prior to a walk around Lake Banook yesterday. More than 50 people attended the National Aboriginal Water Day of Action event starting at Graham's Grove. Many First Nations communities in Canada have been under boil water advisories for several years. **Story, pg 2**

Hey, big spenders

Stream of Tory project announcements pouring in

PAUL MCLEOD
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If you see Premier Rodney MacDonald walking down the street, try asking him for some cash. At this rate, you might just luck out.

Over the last month the Progressive Conservatives announced \$487 million in spending, an average of \$15.7 million per day.

More than half of that — \$256 million — was a single announcement of funds already committed to universities being spent ahead of schedule.

"You need to get these projects out of the door and get the tenders issued so that people can start working."

Wade Keller, director of communications

The other \$231 million comes from a spree of announcements around the Tories' infrastructure plan.

The plan, titled Building for Growth, was announced March 11. The government said it would spend \$1.9 billion, but didn't specify where any money would go.

But in the following days and weeks a stream of announcements started to pour

in. From March 12 to April 11 there were 18 spending announcements, almost one for every weekday.

Wade Keller, director of communications for the premier, said the high rate of spending is due to the unusual economic times.

"You have those normal announcements ... just the course of doing business," Keller said. "Then you have

this year where there's an increase in the number of announcements because of the Building for Growth plan.

"You need to get these projects out of the door and get the tenders issued so that people can start working."

The Building for Growth plan involves spending \$800 million of new money and \$1.1 billion of "usual capital spending." It would add \$1.4 billion to the provincial debt and create or maintain 20,000 jobs, says the government.

The next peek into where the money will go is planned for today, with two school announcements.

New bus terminal ready by this fall

TRANSIT Construction on the city's new bus terminal should start by the end of May, a Metro Transit spokeswoman said yesterday.

"It is proceeding," Lori Patterson said of the city's plan to expand the existing Dartmouth Bridge Terminal. "It's a very important terminal ... because it's the one where all of the transit routes connect from Dartmouth."

It serves up to 18 routes and more than 17,000 passengers each work day, according to HRM's website. But it "can no longer accommodate the swell in transit demands," adding the new terminal should be ready by this fall.

"The expansion's going to allow us, because our service has grown so much, to make it more accessible," Patterson said, adding it has to be near the Angus L. Macdonald Bridge.

The growth takes into account the Dartmouth Mainland Common Plan.

Gloria McCluskey, city councillor for Dartmouth Centre, said the new bus terminal is needed, but also suggested there hasn't been enough public consultation.

Patterson said the plan was approved in HRM's budget two years ago, although she couldn't say how much is allocated.

KRISTEN LIPScombe
FOR METRO HALIFAX

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Local



Alderney ferry service reduced

Those who take the ferry to work, be warned. Service between the Alderney Landing terminal in Dartmouth and Halifax will be reduced for three weeks while one ferry undergoes maintenance. Metro Transit says the Alderney vessel will leave at 6:30 a.m., but will only operate every half hour. The ferry running from the Woodside terminal will operate as usual.

METRO HALIFAX

Protecting our fresh water

Aboriginals march to raise awareness of Canada's water supply

PAUL MCLEOD

paul.mcleod@metronews.ca

It was a cold morning for a long walk.

But more than 50 people, most from First Nations communities, faced the wind and persistent flurries for a lap around Lake Banook yesterday. It was one of nine walks across Canada to raise concerns about the country's water supply.

"The Creator only created so much water. We're the stewards on this planet of the water and we're polluting it," said Geri LeBlanc, one of the organizers for yesterday's event.

Called the National Aboriginal Water Day of Action, the genesis of the event comes from a grandmother in Thunder Bay, Ont. In 2003, Josephine Mandamin began walking to tell people the Great



More than 50 people walked around Lake Banook yesterday to raise awareness about the state of Canada's water supply as part of National Aboriginal Water Day of Action.

Lakes were sick. She has since walked around all five Great Lakes, totalling

more than 17,000 kilometres. This spring Mandamin

will walk along the St. Lawrence River. She started yesterday and is sched-

uled to walk until April 29.

Yesterday's event in Dartmouth began at 10 a.m. with everyone gathering in a circle for an opening ceremony. Participants ranged from elders to small children.

It was one of nine walks and 25 ceremonies nationwide in support of the movement. Aside from encouraging less pollution, demonstrators also want to raise awareness on First Nations water concerns.

"There's close to 100 First Nations communities in Canada that are under boil water advisories," LeBlanc said. "They've been under boil water advisories, some of them for 15 years. So we need the government to clean up the water. No other communities that are not First Nations would ever be under boil water advisories for 15 years."

Lockdown lifted at local prison

KRISTEN LIPSCOMBE
for Metro Halifax

RIOT The lockdown has been lifted and life is returning to normal inside the Central Nova Scotia Correctional Facility in Dartmouth, the Justice Department said yesterday.

Spokeswoman Carla Grant added the inmates who took part in last Wednesday's fire-fuelled riot at the province's biggest prison are being disciplined "for various periods of time depending on their involvement."

Justice Minister Cecil Clarke told the media last week that the disturbance was started by a prisoner who lost it during a search for missing keys. Grant said the set of keys has now been recovered, but not before 59 prisoners in the north unit refused to return to their cells and started setting blazes and smashing windows.

Halifax Regional Police didn't have any update on their investigation yesterday, although they were expected to lay charges.

Cape Breton cops look into possible drive-by

SHOOTING Police in Cape Breton are investigating a possible drive-by shooting after first responding to a call of property damage.

A homeowner who was sleeping at his residence on the Point Aconi Road in Mill Creek on Sunday night told police he heard a loud thump before waking and noticing his window had been broken.

"The call came into the police as property damage and it turned out after further investigation it was the pellets from what they believe was a shotgun blast," said Sgt. Jim

MacLean of Cape Breton Regional Police North Division.

Members of the forensic identification unit were called in to retrieve evidence at the scene and now believe two shots were fired just before police were called at 12 a.m. Residents in the neighbourhood told police they were in bed sleeping at the time.

No one was hurt in the incident. Police say the homeowner reported seeing a dark green car with a loud muffler driving in the area.

CAPE BRETON POST

Breastfeeding often stopped despite intentions: Survey

HEALTH Roxanne Beavers said she'd like to nurse her seven-month-old son for at least a year.

Medically, she's golden. But statistically, she's going against the grain.

Many moms are choosing to stop nursing their babies sooner despite increasing breastfeeding rates for 20 years.

A recent survey by Maternity Experiences Study Group, the Public Health Agency of Canada and Statistics Canada showed 90 per cent of women planned to breastfeed their babies longer than six months — but only 14 per cent of those women actually did so.

"A lot will depend on work, and a lot will depend on him," Beavers said, referring to her son Oliver.

Many women have to stop breastfeeding earlier than planned for health reasons, too.

"Usually it's a physical as opposed to an emotional choice," Beavers said.

Communities — and hospitals in particular — need



Shannon Hardy, right, breastfeeds her five-month-old son Griffin at the IWK hospital during a "nurse-in" earlier this year.

to be more supportive of breastfeeding, Beavers said.

A "nurse-in" was staged in February at the IWK Health Centre in Halifax after a woman was told to "cover up" while breastfeeding her baby.

Kathie Sutherland, a parent educator and co-ordinator at Maggie's Place in Truro, suggests more sup-

port groups and more information for new mothers are the keys to improving duration rates.

"The goal is that every baby be breastfed, exclusively for six months, and continue breastfeeding for two years, as the World Health Organization recommends," Sutherland said.

TRURO DAILY NEWS

News in brief

PLANE A Virgin Atlantic 747 that diverted to Halifax early Sunday morning after a burning smell was reported on board left Halifax Stanfield International Airport that evening. Peter Spurr, spokesperson for the airport, said the flight and its 363 passengers and crew took off at 11:10 p.m. on Sunday night. The flight was going from Miami to London.

METRO HALIFAX

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What's online today.

Your Money Allan Small on what's behind the surprising profits in the U.S. banking sector at metronews.ca/investing **Watch** Combat is expected to ramp up in southern Afghanistan when U.S. troops arrive this year at metronews.ca/canada **Blogs** Zac Efron's 17 Again gives Hollywood Rants déjà vu all over again





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the **Bay**

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An open house will be held tomorrow at 1:30 p.m. for the Seniors College Association of Nova Scotia, a registered non-profit organization that provides non-credit academic courses to people aged 50 and older. It will take place in Room 208 of the Bloomfield Centre. **METRO HALIFAX**

Get your knickers ready

Multinational pop group Il Divo coming to Halifax

JON TATTRIE
for Metro Halifax

Carlos Marin's knicker wall is coming along nicely and he's looking to add a pair from Halifax. The Il Divo star, reached in Switzerland last week, once casually revealed he admires Tom Jones.

"Not only because he has such an amazing voice, it was also because he was receiving all the knickers and bras on stage," Marin explained to Metro Halifax.

Since then, it's been a panty avalanche.

"We have a huge room with a lot of knickers everywhere!" he laughs. "We had a really huge one in Barcelona. They wrote down, 'We love you Carlos.'"

Being handsome, wealthy, talented and recently divorced agrees with Marin.

"It was tough to get divorced because I'm a very good friend of my ex-wife," the Spanish baritone explains.

"But when you are in this kind of band and you are single, you can enjoy the life in another way then you can do when you are married."

He pauses. "You know what I mean with that?"

To avoid any confusion, he elaborates: "How the



Members of Il Divo, including Carlos Marin, right, who spoke with Metro Halifax last week, are coming to the city later this month for a show at the Halifax Metro Centre.

In concert

• Il Divo will perform at the Halifax Metro Centre on April 28.

• Tickets are \$135, \$99.50 and \$65. Visit ticketatlantic.com or phone 451-1221.

people see us is how we are. Obviously, my Latin lover role is not that I play the Latin lover, it's just because I love women. It's just me since I was a child."

Before joining Il Divo, Marin worked in opera,

with a sideline in musicals like Grease and Peter Pan.

"In the opera, you get a better career reputation, but whatever," he says. "It's a different way to approach the people. When you sing the kind of music

we are doing, you are really close to the people."

Fellow Divo Urs Buhler has admitted he wouldn't listen to Il Divo if he wasn't in the group. Marin sympathizes.

"I love Tom Jones, all the old groups like Queen, like Duran Duran, Michael Jackson. Right now, I don't listen to too many groups. We listen to music two hours 15 minutes (each night). Enough!"

Rethink minimum wage hike: Group

KRISTEN LIPSCOMBE
for Metro Halifax

Back the minimum wage truck up, the Canadian Federation of Independent Business says.

The group representing small businesses is asking the Nova Scotia government to rethink its plan to raise the minimum wage, which has already jumped

to \$8.60 per hour from \$7.60 since last spring and will increase to \$9.65 by next fall.

"It's not that our members are against minimum wage increases," Leanne Hachey, vice-president of the federation's Atlantic branch, said yesterday. "It's that these are really hefty increases that are coming during a recession."

The four increases over two years amount to a 27 per cent pay raise for mini-

mum wage workers, she said.

"It's a real and nasty combination of businesses seeing their bottom lines shrinking at the same time that they're seeing their costs increase. Something's got to give," Hachey said.

She said the province should consider implementing tax relief to offset the increases, so both businesses and employees can take more pay home.

"In Ontario, they actually reduced the small business tax rate in conjunction with an increase in minimum wage," she said.

Hachey submitted 1,600 faxes from businesses across the province to Labour and Workforce Development Minister Mark Parent late last week, explaining the wage hikes could mean price increases and staff layoffs, a news release says.

Wage raises

- The most recent minimum wage raise was April 1, when workers saw their hourly rate jump to \$8.60 from \$8.10. Two more raises are set for next April and October.

News in brief

TRENTON Many Trenton residents woke up Sunday to see their neighbourhood covered in a fine black powder. Mayor Glen MacKinnon says the Trenton Generating Station contacted him yesterday morning to inform him of an unexpected fly ash release over the town, which seems to have been centred in the Granview Street area.

NEW GLASGOW EVENING NEWS

Dartmouth artist named finalist

Three finalists from around the world, including one from Nova Scotia, will compete to create a piece of public art in front of a new downtown Halifax development.

Alexander (Sandy) Graham of Dartmouth, Lance Decker of Baltimore, Md., and Jonathan Leahy of Vic-

toria, Australia, have been chosen by a jury of local artists, architects and community members, a Planning & Design Centre news release said yesterday.

Each finalist will receive \$1,000 to further develop their ideas, the news release said. The overall win-

ner will receive a \$5,000 award and the right to complete their artwork, which will be installed outside The Trillium on South Park. W.M. Fares Group is the prime design consultant for the project, which is just starting construction.

METRO HALIFAX

Citadel Hill Up, up and away



Five-year-old Ryan Bekkers flies his kite yesterday with his dad and brothers on Citadel Hill. It was a mixed bag of weather yesterday with sun, wind, ice pellets and rain — often within a few minutes of the other.

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Ground search for missing girl called off

Police in southwestern Ontario have ended a "thorough" ground search for an eight-year-old Woodstock, Ont., girl, but continue to investigate her disappearance as a missing persons case. Victoria Stafford was last seen leaving her school on Wednesday afternoon. **CBC NEWS ONLINE**

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Canada



Maple Leaf CEO takes responsibility

If Michael McCain had known last year what he knows today about the deadly listeria bacteria, 21 lives could have been saved, the president and CEO of Maple Leaf Foods said yesterday. "It's blindingly clear that Maple Leaf was responsible for the loss of 21 lives," McCain said. "I felt that personally." While Maple Leaf conducted its own internal listeria tests prior to the outbreak, McCain said the company wasn't rigorous enough about analyzing the results.

TORSTAR NEWS SERVICE



Elizabeth May

May writes of Harper's 'cheating' at debate

BOOK Elizabeth May felt like a schoolgirl when she glanced over at the man sitting beside her and noticed he broke the rules.

The Green party leader had fought hard to be included in the national televised debates during the 2008 election campaign and remembers participants were told they would be provided with blank index cards for note-taking but forbidden to bring their own background material.

"Looking over from my seat, I remember the shock of realizing he was cheating," May writes in her new book.

"I felt like I was back in grade school. Do you 'tattle' on a cheater?"

TORSTAR NEWS SERVICE

New Book

- Green Leader Elizabeth May paints a bleak picture in her book *Losing Confidence: Power, Politics and the Crisis in Canadian Democracy*.

Going Greek for health

Mediterranean diet great for your heart, McMaster study shows

A little red wine is in. Red meat is unquestionably out. And the Mediterranean diet is simply golden.

That is the conclusion of a study out of McMaster University that purports to offer the most definitive word yet on the foods that are good for your heart.

The study, which examined almost 60 years worth of existing research on diet and heart disease, attempts to separate the whole wheat from the chaff on foods in a way that doctors and consumers can swallow with

Pass on pills

- While vitamin E and C supplements are widely used as heart support systems, there is little evidence that they work that way. There is "moderate" evidence that eating these vitamins in fruits or vegetables has some protective properties, but almost none that they are beneficial in pill form, the study suggests.

confidence, says Dr. Sonia Anand, the study's senior author. It appeared yesterday in the journal *Archives*

of Internal Medicine.

"It's the best that we can do yet," Anand, a professor of medicine and epidemiology at the Hamilton school, says of the study's food and heart link findings.

While the study's list of foods that protect the heart contains few surprises — whole grains and vegetables are good, processed meats are bad — researchers found little evidence to support the claims of some highly touted diets and supplements.

"One area that we did not find overwhelmingly

strong evidence for would be the Omega-3 fatty acids," says Anand. Those coming from fish seem to be heart protective, while those that come from plant sources like walnuts and flaxseed have little in the research to support them.

Generally speaking, heart-friendly foods include vegetables, nuts and Mediterranean diets. Indeed, the Mediterranean diet is one Greek gift that every heart should welcome as a shield against coronary ailments, Anand says.

TORSTAR NEWS SERVICE

News in brief

WOMEN'S RIGHTS Canadian relatives of a women's rights advocate slain in southern Afghanistan over the weekend say they warned her of the dangers of working in the country, CBC News Online reports. Sitara Achakzai, a member of Kandahar's provincial council, was killed Sunday when four gunmen on motorcycles opened fire as she got out of her car outside her home in Kandahar City.

FLOODING While communities along the Red River remained on flood alert, concern grew yesterday that higher temperatures, rain, and the threat of ice jams, would lead to more flooding across much of southern Manitoba, CBC News Online reports.

METRO NEWS SERVICES

Ottawa Hunger strike



Kana Thulasigamony, 74, of Brampton, Ont., and four other Tamil supporters have been on hunger strike for the last 120 hours as part of a weeklong protest on Wellington Street in Ottawa. The protesters are hoping to pressure the Canadian government to enforce an immediate and permanent ceasefire in Sri Lanka and allow unhindered humanitarian aid for civilians.

Afghan vets suffering trauma: Documents

MILITARY More than one in every five Canadian soldiers and police officers deployed to Afghanistan leave the force with post-traumatic stress or other psychiatric problems and that figure is rapidly rising, sources say.

By the end of last month, the number of soldiers and police officers discharged from the military and RCMP for psychological strains after tours in Afghanistan had reached 1,053, representing an increase of more than 50 per cent from 2008, a spokesperson for Veterans Affairs Canada said.

The increase had been predicted in documents released under the Access to Information Act.

They had revealed that as of April 2008, 700 Canadian

Help, or lack of it

- The federal government has spent millions of dollars on treatment clinics across the country to treat military and police veterans. But a December 2008 report by military ombudsman Mary McFadden found some soldiers still not getting proper care.

soldiers and Mounties who had served on the Afghan frontlines — 19 per cent of all forces deployed — had qualified for medical release from the Canadian Forces or RCMP with a "pensionable psychiatric condition," but warned of a hike.

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Taiwan police have arrested a 55-year-old man for lobbing bank notes worth about 1 million Taiwan dollars (\$36,000) from vehicles, causing disorder in the streets, a police officer said yesterday. The man tossed the bills from a taxi in a crowded part of Taichung city on Sunday as people stopped to pick up the cash. **REUTERS**

Throwing bills from taxi nets arrest in Taiwan

World



Galapagos wildlife at risk

An erupting volcano in the Galapagos Islands could threaten unique wildlife such as marine and terrestrial iguanas, say officials with the Galapagos National Park. Lava flowed into the sea and clouds of gas and smoke poured from La Cumbre volcano on Fernandina Island, which has no human inhabitants, after it erupted Saturday. **REUTERS**

Two killed in Thai protests

Troops push into protester-held area as violence escalates

Troops fired at crowds of anti-government protesters who fought back with gasoline bombs and rocks in Bangkok yesterday, in violence that killed two people, injured dozens and pushed Thailand deeper into political crisis.

Prime Minister Abhisit Vejjajiva, who declared a state of emergency in Bangkok on Sunday after former prime minister

Thaksin Shinawatra's supporters forced an Asian summit to be cancelled, said just before midnight most of the city was back to normal.

Thaksin, ousted in a 2006 coup, told CNN from an undisclosed location: "Many people are dying ... They even take the bodies on the military trucks and take them away."

Troops advanced into an

area held by protesters near Abhisit's office since late March, setting the stage for a final push to end the demonstrations.

Violence erupted before daylight at the start of the Thai New Year holiday. Protesters set fire to several buses and part of a government building was ablaze.

Two people were shot dead in the violence. The Emergency Medical Insti-

No dissolution

In an interview with Reuters, Abhisit ruled out an immediate dissolution of parliament and said he was not interested in making a deal with exiled former prime minister Thaksin Shinawatra.

tute said 94 people, including soldiers, were hurt yesterday. **REUTERS**

Council demands sanctions on North Korea be enforced

UNITED NATIONS The Security Council yesterday unanimously condemned North Korea's long-range rocket launch two weeks ago as contravening a UN ban, and demanded enforcement of existing sanctions.

The U.S.-authored statement, agreed Saturday by the five permanent council members and Japan, ordered a UN sanctions committee to begin activating financial sanctions and an arms and limited trade embargo laid down in a reso-

lution passed 2½ years ago.

Some analysts say the passage of the statement will be largely symbolic and is unlikely to result in strict enforcement of sanctions against Pyongyang, adding much depends on China's participation.

Referring to the measures in the original 2006 resolution, U.S. Ambassador Susan Rice said the statement allows for "substantial strengthening and augmentation of that regime." **REUTERS**

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Tip of the Day: People who wait for changes to occur on the outside before they commit to making changes on the inside will never make any changes at all. — Source Unknown

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Myanmar Golden Rock Pagoda



Buddhist devotees wait to offer gold to the Kyaikhtiyo Pagoda, also known as the Golden Rock Pagoda, yesterday in Myanmar. The pagoda is built on a granite boulder balanced on the edge of a mountain about a kilometre above sea level.

Pirates swear revenge for comrades' deaths

RESCUES Somali pirates threatened revenge on Sunday after two separate hostage-rescue raids killed at least five comrades.

The latest raid by U.S. forces on Sunday that saved an American hostage and one by France last week have upped the stakes off Somalia, where buccaneers have defied foreign naval patrols.

A day after U.S. snipers killed three Somali pirates and freed Capt. Richard Phillips, Somalia's militant Islamist rebel group al

Shabaab said it fired mortars at a plane carrying a U.S. lawmaker.

A spokesman said his group fired at the plane carrying Representative Donald Payne as he left Somalia after a visit. The plane took off safely.

"The French and the Americans will regret starting this killing. We do not kill, but take only ransom. We shall do something to anyone we see as French or American from now," Hussein, a pirate, told Reuters by satellite phone. **REUTERS**

Sudan executes 9 in slaying of newspaper editor

KHARTOUM Sudanese authorities yesterday executed nine men found guilty in the 2006 murder of a Sudanese newspaper editor, state media said.

The case has been sensitive for officials, who initially banned reporting of the trial other than by state media. The nine men are from Darfur, a region torn by conflict between government and rebels.

The decapitated body of the editor, Mohamed Taha Mohamed Ahmed, was found in Khartoum in September 2006. His hands and legs were tied and his head lay next to his body. **REUTERS**

News in brief

KAZAKHSTAN Kazakhstan's security service accused the defence ministry of buying defective military hardware from Israel yesterday. The Central Asian state's KNB service said it was investigating a number of defence ministry officials on suspicion of purchasing faulty artillery and other defence systems from Israeli firms, a move which the KNB said had caused losses of \$82 million.

VERDICT Legendary music producer Phil Spector was found guilty yesterday of second degree murder in the 2003 death of an actress after a five-month retrial. Lana Clarkson, 40, died from a shot in the mouth fired from Spector's gun in the foyer of his home.

FILM The wife of Australian actor Mel Gibson filed for divorce yesterday after 28 years of marriage, citing irreconcilable differences. Robyn Gibson filed divorce papers in Los Angeles Superior Court yesterday. **REUTERS**

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Review of the Dell
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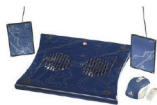


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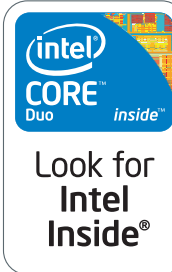
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Comment & Views

Comment

Will Canada ever grow up?

NationalReport



metronews.ca/nationalreport

Poll on the recession just out. The West, where Stephen Harper is popular, thinks he is doing a terrific job of handling the economic crisis. Quebec, where he is not, thinks he's doing a terrible job. Ontario and the Maritimes give him a middling rating.

The PM's anti-recession policies are national, not regional. But as the polling results indicate, regional hyper-sensitivities carry the day. They always have, they still do and they probably always will.

The prime minister actually made a good effort at trying to mend the regional divide. In his first term in office he

bent over backwards trying to please Quebec, his granting of nation status to the Quebecois being no small example.

That won him some respect. But last August his government introduced nationwide cultural spending cuts.

In the great scheme of things it was hardly big news. But Quebecers, forgetting the PM's positive gestures, took this as a terrible affront. They were also angered that during the parliamentary crisis last fall, he went on about how awful it would be if separatists were part of a coalition government. As leader of

the country, you're not supposed to condemn separatists.

As a consequence, Mr. Harper's stock in the province has plummeted and the country has returned to its century-old divide.

The West in one corner, Quebec in another. For the Conservatives, it started way back with prime minister Robert Borden. He brought in conscription during the first world war.

It took Quebecers decades to forget. The Quebec-born

Brian Mulroney brought the province back into the fold for a while but, try as he might, he could never satisfy Lucien Bouchard's constitutional demands. Quebecers turned on him in the form of the Bloc Quebecois.

The sensitivities in la belle province are matched by those on the prairies. Mr.

Stephen Harper

Mulroney catered to the West, bestowing many a favour, such as the burying of the National Energy Program.

But he was not conservative enough on some economic questions and — Good Heavens! — he chose Montreal over Manitoba in the awarding of an aircraft maintenance contract.

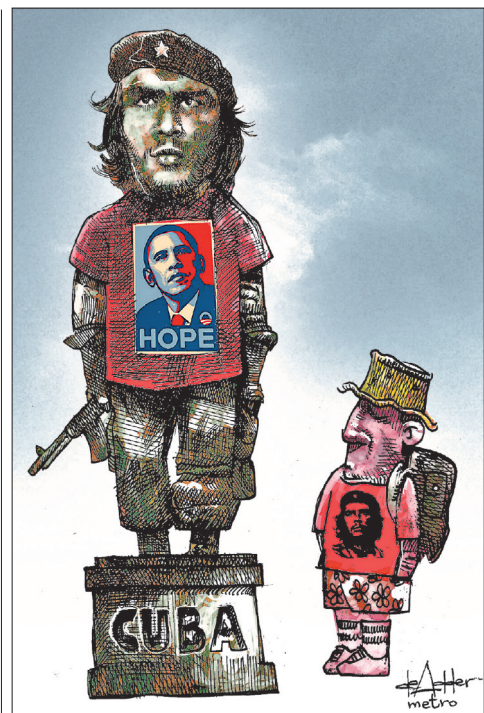
That was enough to trigger a revolt in the form of the Reform Party.

The Liberals, of course, have never been able to catch a whiff of support in the West ever since the NEP. It's three decades later. Westerners won't forget.

It's the 21st century and the country's great cleavages are as wide as ever. No matter what a prime minister does, the biases run too deep to be unrooted.

Some wonder if we'll ever grow up. They have reason to do so.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADAIR

Metro Online Poll Results

90%
SAID
Yes

Would you have booed Billy Bob Thornton's band?

Weigh in on today's question at metronews.ca

10%
SAID
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Views

Reforming health care means reforming illusions



Keith Martin

The biggest hindrance to better health care is our own illusions.

Contrary to public opinion, Canada does not have the best health-care system in the world. We actually rank 26th, but have the 5th highest health-care expenditures. So, which countries fare better than us, and why?

The Canadian Medical Association recently found that 17 of the world's top 20 national health-care systems are European. These world leaders all have mixed systems that combine both public and private providers so everyone

is covered. No one has huge medical bills and information technology is widely used.

Using central IT databases to input prescriptions has led to less drug abuse, greater oversight and increased transparency. Also, the efficient integration of public and private services has actually drawn on the strengths of both systems so that patients can access the care they need without expensive bills. Countries have even been able to expand coverage to include global prescription drug coverage. The introduction of healthy competition has spurred innovation, better care and cancelled out inefficiencies in the health system.

In Europe, patients are placed at the centre of the

"Canada does not have the best health-care system in the world."

health-care system. Hospitals are motivated to attract patients and provide optimal care because they receive funding and resources for services rendered instead of block-funding. Money is then freed up for prevention, health promotion and other initiatives that reduce the demands on the system.

When Europeans hear that Canadians tolerate atrocious waiting lists of 9-12 months or more for care, they are shocked. Unfortunately, the debate around health-care reform

in Canada remains mired in the false assumption that changes to our current system would result in a U.S.-style system. Policymakers have chosen to look the other way rather than act and as a result Canadians are suffering a decline in access to care.

Canadians must fully grasp the following truths: • An aging population and more expensive technologies are exhausting the supply of government money for health care. This structural shortfall will be exacerbated by the global economic downturn.

• The Canada Health Act, and its five principles (public administration, comprehensiveness, universality, portability and accessibility), is broken in every

province, every day.

We actually have a mixed system, but it is not integrated in a way that supports our public system. As such, the status quo is contributing to the creeping privatization of our public system.

If we fail to modernize our health-care system and live with the illusion that we have the best system, more and more people, particularly those of modest means, will fail to receive the care they need. We can have the best health-care system in the world, but we must have courage and not fear change.

Dr. Keith Martin has been the Liberal MP for Esquimalt-Juan de Fuca on Vancouver Island for 16 years. He worked as a physician in emergency medicine and general practice from 1987-2006.

Letters

It's buy Canadian for a reason

Re: We need strategies not buy Canadian mantra (April 9)

In dismissing calls for 'buy Canadian,' Christine Williams presents globalization as not only an accomplished fact, but an unquestionably positive system.

But she fails to consider any of the actual reasons why people would want to buy Canadian-made goods. A national economic development program that ties domestic production to domestic consumption is more of a safeguard of jobs than gambling on the international economy, especially when Europe, the US and Japan are all doing the same. When we buy from other countries, we take a risk with products produced where standards are not only lower, but are also not subject to any input from us.

JAMES EDE, TORONTO, ONT.

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Starwood going ahead with Sheraton overhaul

Starwood Hotels & Resorts Worldwide said yesterday it was moving ahead with a \$4-billion US overhaul of its Sheraton brand despite the economic slump. **REUTERS**

9

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Canwest shares are worthless: Analysts

Company faces \$30.4M debt deadline today

Shares of Canwest Global Communications are essentially worthless and should be avoided by investors as Canada's biggest media company fights to restructure its massive debt amid a severe advertising downturn, analysts said yesterday.

Canwest has another debt deadline looming today, by which time it must pay \$30.4 million US in interest to holders of its eight per cent senior subordinated notes. The payment was originally due March 15, but the company missed it.

If it doesn't pay today, the investors can demand the repayment of about \$761 million of outstanding principal on the notes.

"Given the significant liquidity challenges facing the company, we see no residual value in the shares of Canwest."

Tim Casey,
BMO Capital Markets

"Given the significant liquidity challenges facing the company, we see no residual value in the shares of Canwest," BMO Capital Markets analyst Tim Casey wrote in a note to clients.

While critical, the looming interest payment is only the tip of the iceberg for Winnipeg-based Canwest, which has a debtload of

about \$3.7 billion Cdn. some of it dating back to its 2000 acquisition of newspaper assets from Hollinger International.

Analysts have said that Canwest could file for bankruptcy protection, but the company thus far has continued to negotiate with its creditors rather than involve the courts.

"We continue to believe there is significant risk Canwest is forced into bankruptcy protection or to sell assets at unfavourable prices or a massive debt restructuring," GMP Securities analyst Jason Jacobson wrote to clients. "Either way, we believe Canwest equity value is very limited."

His target price on the shares is zero. **REUTERS**

Smartphones a priority for carriers

WIRELESS The shift toward smartphones — wireless devices that combine voice calling, email, mobile web browsing and multimedia functions — could pick up speed in Canada as the

country's big wireless carriers seek to avoid an "abyss" created by falling prices for voice services.

A weak economy and the threat of increased competition is putting near-term

pressure on carriers to move more subscribers on to smartphones, which generally require both a voice and data package for users to make full use of them. **TORSTAR NEWS SERVICE**



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We are seeking applications from individuals interested in serving on the volunteer Board of Directors for the Capital District Health Authority. Capital Health is the largest integrated academic health district in the Maritimes. It provides core adult health services to 40 per cent of Nova Scotians, and specialist services to the province and region. The district operates 39 facilities in 10 sites in the Halifax Regional Municipality and the western portion of Hants County.

As a prospective board member, you:

- ◆ Are passionate about contributing to a stronger health system.
- ◆ Are committed to working with board members, executive management, community health boards and other stakeholders to achieve healthier people and communities.
- ◆ Have a willingness to learn.
- ◆ Have demonstrated community leadership.

Board appointments are selected through two separate processes. One-third of the members are appointed directly by the

Minister of Health. Two-thirds are appointed by the Minister from a list of names submitted by the health authority's nominating committee, comprising local individuals representing the district's seven Community Health Boards (CHBs).

Vacancies are for:

- ◆ Four ministerial appointments from throughout the district
- ◆ Three CHB-nominated positions from these areas: Dartmouth (1), Chebucto West (1), and Cobequid Community (1)
- ◆ Two members-at-large

* Although these are current vacancies, we are also receiving applications from other areas of the district in the event of future vacancies.

If local health care is important to you, send in your letter of application for Board membership today. Please include a brief résumé.

Application deadline is May 8, 2009.

For more information about Capital Health, visit www.cdha.nshealth.ca

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Executive Council Office
One Government Place, 6th Floor,
1700 Granville Street
PO Box 2125, Halifax, NS B3J 3B7
Fax: (902) 424-0667
Email: execounc@gov.ns.ca
Website: www.gov.ns.ca/exec_council

CHB NOMINATED APPOINTMENTS

DHA Nominee Selection Committee
c/o Carol Hindle
Community Health
3825 Joseph Howe Drive
Halifax, NS B3L 4R6
Tel: 424-3390 Fax: 424-5159
Email: carol.hindle@cdha.nshealth.ca

NOVA SCOTIA
Health


Capital Health

The government of Nova Scotia has an Employment Equity Policy and we welcome applications from Aboriginal people, African Nova Scotians, and other racially visible people, persons with disabilities and women. If you are a member of one of the equity groups, you are encouraged to self-identify, on either your application, covering letter or your résumé.

The DAILY BUSINESS BUZZ

Anti-littering initiative:

Tim Hortons, Wilson Fuel Company Ltd. and the Nova Scotia Automobile Dealers Association will help raise awareness about littering by encouraging Nova Scotians to visit www.bestthingyoullneverdo.ca to take the pledge to never litter.

Conference host chosen:

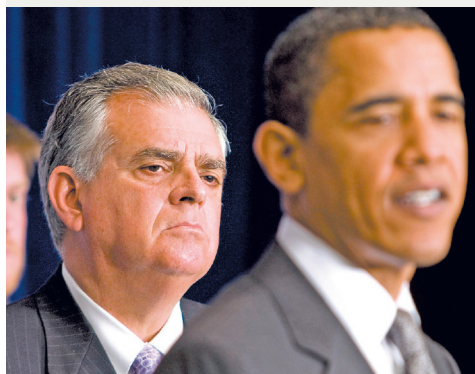
Yarmouth has been chosen as the location for the fourth annual Creative Nova Scotia Conference and Awards Gala on Oct. 24, which will provide a learning and networking opportunity for those in the arts and culture sector.

Neptune to seek support:

Darrel Challoner of the environmental product company Neptune's Balance says he'll submit a business plan to three regional development agencies within the next week, looking for government support to create jobs in Nova Scotia.

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U.S. Projects under budget



U.S. Secretary of Transportation Ray LaHood, left, listens to U.S. President Barack Obama speaking about the economy at the U.S. Department of Transportation in Washington yesterday. Obama said yesterday that 2,000 major infrastructure projects being undertaken as part of his \$787-billion US economic stimulus plan were ahead of schedule and under budget.

Business in brief

GM Shares of General Motors Corp. plunged 16 per cent yesterday as traders shed positions out of fear the U.S. government will push the automaker into a bankruptcy that could wipe out existing equity.

LAW SUIT General Motors Corp. is facing a lawsuit in Canada from unsecured bondholders after the auto giant paid divi-

dends from a small Canadian unit even as it teetered near insolvency.

ACQUISITION India's Tech Mahindra will pay more than \$550 million US for a controlling stake in Satyam Computer Services, throwing a lifeline to the fraud-hit firm and moving itself into the top tier of Indian outsourcing firms. **REUTERS**

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Is it a hobby or business?

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q I've worked in retail for more than 10 years but I enjoy designing women's fashion. This year, I spent more than \$6,000 for materials, equipment and travel. I give my designs as gifts to family and friends. I was advised by a colleague to register a business and claim the expenses on my tax return. Are these deductible?

— Talia

A With layoffs continuing at record numbers, many individuals find creative ways to earn income. Many entrepreneurs are born because of increased unemployment. The Canada Revenue Agency website describes factors that distinguish between a business and a hobby.

Expenses incurred for the purpose of earning business income can be deducted for tax purposes. These would include but not limited to such cost as office supplies, accounting/legal fees, travel expenses, advertising and marketing, material costs,

etc. Cost incurred for the personal enjoyment of an individual's hobby are not deductible for tax purposes.

The act of registering a business in itself does not necessarily qualify expenses deductible for tax purposes.

Individuals involved in "hobby" activities such as artist, musicians, photographers, writers and the like should be diligent that their activities are commercial in nature for claiming expenses.

Keep receipts, proper books and records in the event of an audit by the enforcers of our tax system. Legitimate commercial activities should not be denied deductions because of the nature of the activity.

Here are some factors used in determining if expenses are deductible for tax purposes:

- Expenses incurred for earning income
- Reasonable expectation of profit
- Intention of individuals
- Time devoted to business enterprise
- Capital utilized

If success is measured by enjoyment, then you would indeed have achieved success if you can make a living at an activity you enjoy.

Henry Choo Chong, CGA, can be reached at choochonghcgca@yahoo.ca.

Being bold is beautiful

Take initiative in finding discounts on regular purchases

SmartCookies

metronews.ca/smartcookies

In the past week, one of the Smart Cookies negotiated her dentist bill (15 per cent off), while another negotiated her parking ticket from \$60 down to \$15. We're not afraid to ask.

Admittedly, however, there was a time when we thought trying to negotiate a better price might make us appear cheap, rude or worse — embarrassed if we were turned down.

Now is the time though to negotiate on just about everything. To help you keep more money in your pocket, we've listed a few simple strategies to make the most of your negotiating:

Be Realistic

Don't go in and ask to get something half price off up front. Let the retailer name their best offer and work from there. You might come in too high and offend or too low and leave cash on the table.

Be nice

The old adage you catch more flies with honey applies to money as well. You get more savings with



Most people don't want to appear cheap but if you really want to keep more in your wallet, prepare yourself to push for savings. Be nice but remain firm.

a smile.

One at a time

If you're looking to get a group discount, negotiate the price of one item down first. For example, if you were looking to get a group of dresses (for a wedding, say), first negotiate a single dress down and then explain you are interested in buying more and the price should drop even further.

Pick the best day of the week

Think about when you're happiest and it's

probably towards the end of the week. That's also when retailers are likely at their happiest and most accommodating as well. Thursday and Friday are often the best days to negotiate on price.

On the flipside, make an appointment for a salon or service in the first half of the week (salon's slow days) and you may be able to negotiate a 10 to 20 per cent discount. Referring new customers could also earn you a price break.

Mom and Pop shops

Whenever you're buying from the owner, discounts are easier to get than in chain stores. Mom and Pop shops are also more likely to work a deal with you. They want to deter you from shopping at the big box stores and will have more flexibility to make a price change.

Cash is king

Vendors typically pay a processing fee when you use your card so they are more likely to cut you a

deal using cash. Many times, it's possible to also negotiate the tax off if you are using cash.

Other free stuff

If you don't get a discount, see if they can throw in anything additional. Free delivery, extra perks, etc.

Have a tip for the Smart Cookies? Email us at smartcookies@metronews.ca. Visit smartcookies.com or pick up Smart Cookies Guide to Making More Dough for more on saving and smart spending.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Investing

Allan Small

Allan Small looks into the big U.S. banks and the current bull run. To read the column, visit metronews.ca/investing

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Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Overseas adventure a life lesson

RAFAEL BRUSILOV
for Metro Canada



Studying abroad might seem like a daunting goal, but the rewards you gain and the lives you touch can stay with you for a lifetime.

While you do have to wade through some paperwork and plan ahead financially, studying and doing work placements abroad can be a great way to combine adventure, personal growth and life-changing experiences.

Sabrina Lucifero, international student affairs coordinator for the John Molson School of Business at Concordia University in Montreal, says studying abroad can be a highly rewarding experience for students because the life experience they gain can be a huge advantage in



Studying abroad can be a highly rewarding experience for all involved, experts say.

both their personal life and the boardroom.

"Students come back with a variety of experiences both academic and business related and they're able to grow on a personal level as well," Lucifero said.

With more employers looking for candidates that have broader life experiences under their belt and can show greater professional and personal maturity, Lucifero says more universities like Concordia are encouraging students to

consider heading abroad.

Of course not all learning happens exclusively in the classroom. For students interested in letting their studies have a direct, positive impact on the lives of the people they meet, co-op programs ex-

ist, which let you gain valuable field placement experience while helping people in need.

Lynn Caruso is co-ordinator at Seneca College in Toronto for the Students Crossing Borders program, which takes volunteers to communities in Jamaica during the summer to help build and maintain communities in some of Jamaica's most impoverished areas.

Caruso also co-ordinates an Early Childhood Education program and says helping communities in need abroad can be an excellent way to expand your horizons while giving of yourself to help others.

"It's a really great way to get exposed to what's going on in the world — it's about stepping outside of your comfort zone and finding out what it's like to

help people in need," Caruso said.

If you do plan on studying abroad, Lucifero says you should keep in mind a few things:

- Start getting documents together well in advance (Lucifero recommends at least four months).
- Keep your grades up — most study abroad programs and partner schools require a GPA in the vicinity of 3.0 to be accepted.
- Research your chosen destination country and its schools to find a program that matches your needs.
- Start financial planning early.
- Make sure the credits you gain at the foreign school will transfer to your home school.
- Get testimonials from students who've already gone through your program.

'A once in a lifetime opportunity'

RICHARD WOODBURY
for Metro Canada



Forensic anthropology is probably not a career for everyone. But if working with human skeletal remains to identify them sounds appealing, Saint Mary's University offers a course where students spend two weeks at the Miami-Dade County Medical Examiner's Department.

"It's a once in a lifetime opportunity," says Dr. Tanya Peckmann, the professor of the Internship in Forensic Anthropology course.

Some of the things students will do are watch autopsies, perform maceration (the removal of flesh from bones) and see how a toxicology lab operates.

It's also an opportunity for students to see if they really want to pursue forensic anthropology, says Peckmann. "It's better they see a decomposing body and realize in their third or fourth year of undergraduate that they can't deal with it."

Amy Hutchinson is an anthropology student at Saint Mary's who is graduating in May. She took the

course in 2007. She describes the trip as an amazing experience working with top professionals in the field. "I don't think anyone in their undergrad could ever say they've done anything like that," says Hutchinson.

She says the thing that stands out most about the trip was seeing murder reports on the television news at night and then seeing the autopsies on those cases in person the following day. It was strange "because you see things like this on TV, but you don't ever expect to be

a part of something like that," she says.

The Miami-Dade facility is considered a model for forensic facilities. "Every facility that has been built since Miami-Dade copies or tries to copy Miami-Dade," says Peckmann.

"It's a complete facility where everything happens right there," she says. "In Canada, generally there's a morgue and we send out our DNA to other places. This is an entirely encompassed facility where all of the analysis gets done in one place."

Students will spend two



In 2007, 16 Saint Mary's students, and their professor, worked with the Miami-Dade County Medical Examiner's Department.

weeks working almost 10-hour days at the facility Monday to Friday. The next batch of students will be leaving May 2. For the third week of the course, students return to Halifax and will learn about facial reconstruction. This involves taking a skull and using clay to reconstruct

what an individual may have looked like.

The course is the only type of its kind that Peckmann knows of. "We get applications from all over the world," she says, noting the students for the May course are of Canadian, American and British origin.

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- Hear about the \$4,000 government bursary
- Take a tour, meet the instructors and view our teaching facilities

CLASSES BEGIN MAY 19th

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on May 12.

Dalhousie study to help clear the air

JON TATTRE
for Metro Canada



Breathing indoors could be making you sick, but a new study by Dalhousie University's Atlantic RURAL Centre is looking for ways to clear the air.

Mark Gibson, a research assistant at the centre, says the \$465,000 study for Health Canada will examine what we're breathing, from vaporized chemicals from paint and furniture to particles generated by heating and cooking appliances.

"It's a common miscon-

ception that your indoor air is cleaner than the outside," Gibson says. "Generally (it's) not."

The data from the Halifax study will be compared to findings from across the country to get a baseline for indoor air quality. That will allow Health Canada to compare it to the guidelines to see if they need to be changed.

Gibson says our desire to save the Earth may be harming our lungs.

"We're told to tighten our homes to save energy ... and that's fine, but what you're doing is trapping the indoor air pollutants

"It's a common misconception that your indoor air is cleaner than the outside. Generally, (it's) not."

Mark Gibson

inside," he explains. "A lot of older homes in Nova Scotia ... are a bit leaky, so the natural ventilation around door jams and the like cleans out the indoor air pollution."

Newer homes also have problems with "volatile organic compounds" from construction materials like pressed wood. They use glues that can off-gas harmful chemicals.

Gibson has some tips to

improve your air. Check your wood stove or heating appliance to ensure the extraction system is clean and working well.

"I've seen wood stoves where the baffle isn't working and every time you open the door, smoke comes pouring out," he says. Adding a bathroom-style extraction fan to a damp room can dry it out, improving air quality.

That's the cheap and

easy option.

"The Ferrari solution is to get the mechanical heat recovery ventilation system." Most modern homes have this "forced air" system that recycles and cleans your air, but at about \$30,000, it isn't cheap.

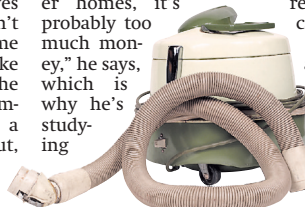
"For most people in older homes, it's probably too much money," he says, which is why he's studying

economical filters next winter. "It could be that if you can't afford the Ferrari version, here's the moped version."

But the easiest way to improve the air is to clean. "Dust absorbs all of the chemicals that are off-gassed and any air pollutants from outside. It then re-releases those chemicals."

Use a good vacuum, or an anti-static pad for hardwood floors, to reduce that danger.

A good vacuum can help to get rid of dust, keeping your indoor air clean.



Working abroad can help build desirable global career skills

NOELLE MUNARETTO
for Metro Canada



If your friends and family describe you as curious or adventurous, expanding your emotional and physical boundaries by working abroad might just be a step in the perfect direction.

Over the past 30 years, international exchange program Swap Working Holidays has connected those curious and adventurous youth with overseas opportunities.

"This is for people who are interested in the world and who are not satisfied to remain in Canada for the rest of their lives," says David Smith, Swap's director.

Youth registered with Swap get help with everything from visa paperwork to destination planning. Partner offices at overseas locations assist students when it comes to finding jobs, navigating accommodations and making friends.

"Part of our job is to help you cope through the differ-

ences so you can enjoy the experience," says Smith.

Jean-Marc Hachey, the author of the bestselling book *The Big Guide to Living and Working Overseas*, says working abroad can also help boost your resumé.

"The number of jobs requiring international experience has risen exponentially each year for the last 10 years," says Hachey. "Everyone needs global career skills. Eventually, almost every job will have an international component to it."

On top of that, Hachey says another personal payoff from travelling abroad comes from experiencing a new environment.

"It's addictive to meet people from other cultures and social groups," says Hachey. "Your life will change forever with the insights you learn travelling and working abroad."

Former animator Chris Hudson got the travel itch after falling in love with Japanese culture.

"I was feeling my life was a little stagnant. Like I

wasn't doing what I was supposed to be doing," says Hudson, reflecting on his career in Toronto.

After a three-week vacation in Japan, he decided to return to the country as an English teacher on a one-year work visa.

Hudson, who is now back home in Ontario, had such a great time that he plans on returning over-

seas at the end of the month. He also emphasizes that travellers must prepare themselves for possible setbacks and let-downs along their journey.

"Right off the bat, one of the first things I realized when I arrived was that everything I set up didn't quite turn out the way I expected," he says.

But, with careful plan-

ning and a secure job offer, Hudson says working abroad can be a positive experience that can change your view of the world.

"I can definitely say Canada is a great place. But to be honest, I'm not as excited when I'm here," he says. "(Abroad) you have a chance to fail. And that's part of the excitement."



You can meet people from other cultures and social groups as well as boost your resumé if you work abroad, experts say.

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Former all-star pitcher Mark (The Bird) Fidrych died in an apparent accident yesterday at his farm in Massachusetts. He was 54. The colourful right-hander was the American League rookie of the year for the Tigers in 1976. **METRO NEWS SERVICES**

Sports

EDITOR: JOHN.CHICK@METRONWS.CA

The first round: A quick look

NHL playoff teams were decided before the final weekend of the season, but the matchups weren't set until after the last regular season games were completed Sunday.

Here's a quick look at the opening round matchups in the Stanley Cup playoffs:

Eastern Conference

Boston (No. 1, 53-19-10) vs. Montreal (No. 8, 41-30-11)

The Original Six rivals meet in a playoff series for the second year in a row and for the 32nd time overall. The teams have switched places from last spring, when the number one Habs beat eighth-seeded Boston in seven games.

Washington (No. 2, 50-24-8) vs. N.Y. Rangers (No. 7, 43-30-9)

Alex Ovechkin takes Broadway. Henrik Lundqvist could be a difference-maker in this series and Sean Avery is sure to get plenty of attention as well.

New Jersey (No. 3, 51-27-4) vs.

Carolina (No. 6, 45-30-7)

Some had the Devils pegged as Eastern Conference favourites until they limped to the finish. Carolina has won two of the three playoff series between these teams and reached the Stanley Cup both of those years — 2002 and 2006.

Pittsburgh (No. 4, 45-28-9) vs. Philadelphia (No. 5, 44-27-11)

A rematch of last year's Eastern Conference final for the rivals from Pennsylvania. Sidney Crosby's Pens might be the NHL's hottest team heading into the playoffs after compiling an 18-3-4 record under new

coach Dan Bylsma.

Western Conference

San Jose (No. 1, 53-18-11) vs. Anaheim (No. 8, 42-33-7)

The first playoff series between two NHL teams from California since 1969, San Jose was at the top of the league for most of the regular season and will be looking to shed its underachiever label from post-seasons past.

Detroit (No. 2, 51-21-10) vs. Columbus (No. 7, 41-31-10)

Detroit's quest for another Stanley Cup starts with a matchup against a division rival. Not only are the Blue Jackets appearing in the playoffs for the first time ever, they're do-

ing so with a rookie goaltender. Steve Mason turned 20 just weeks ago and had a league-leading 10 shutouts this season.

Vancouver (No. 3, 45-27-10) vs. St. Louis (No. 6, 41-31-10)

The Canucks did well to reel in Calgary and capture the Northwest Division title. Now they'll want to put home ice to good use. Roberto Luongo's team faces the Cinderella story of the NHL after St. Louis climbed from last place in the West at the all-star break to an unlikely playoff position.

Chicago (No. 4, 46-24-12) vs. Calgary (No. 5, 46-30-6)

Which Calgary Flames team will show up? Calgary has been among the more unpredictable teams this season, looking brilliant during some stretches and awful during others. There should be plenty of enthusiasm in this series as playoff hockey returns to Chicago for the first time in seven years.

METRO NEWS SERVICES

Phillies broadcaster Kalas dies

Longtime Philadelphia Phillies broadcaster Harry Kalas died yesterday after being found passed out in the broadcast booth before a game in Washington against the Nationals. He was 73. Kalas had surgery earlier this year for an undisclosed ailment that the team characterized as minor. Kalas, whose signature home run call was "Outta here!" also did voice work for NFL Films and Chunky Soup commercials. **METRO NEWS SERVICES**

NBA Furious comeback



Chris Bosh celebrates with Raptors teammate Shawn Marion after Bosh hit the game-winning three pointer against the Wizards in Washington last night. Toronto outscored the Wizards 17-3 in the last seven minutes of the game for a 97-96 win.

Maple Leafs hoping for lottery fortune

NHL Growing up in Saskatoon, wherever Luke Schenn went, kid brother Brayden followed.

Coming up in this June's draft, the same thing might happen. There's a distinct possibility that Brayden, a centre with the Brandon Wheat Kings, will follow his big brother, not just to the NHL, but to the Toronto Maple Leafs.

"It would be unbelievable," said Luke. "Obviously, playing with him in Toronto would be pretty cool." They play shinny in the summer together, but they haven't been on the same team since novice.

"Novice was a long time ago," said Brayden. "The possibility of the Leafs drafting me, that'd be nice. But I'd be happy with any of the 30 teams."

The NHL will release its final ranking for prospects today, in conjunction with tonight's draft lottery to determine the order of the June draft. Among the 14 non-playoff teams with a



Brayden Schenn best shot — at 48.1 per cent — of retaining the first overall pick. London Knights centre John Tavares is the consensus first pick by scouts, with Victor Hedman second.

The Leafs hold the seventh spot, and have a 4.7 per cent chance to move up to third under the weighted lottery system that gives non-playoff teams a one-time chance to move up four spots. That's about where scouts say Brayden Schenn will fall.

It's anyone's guess who Leafs GM Brian Burke would take. Having drafted the Sedin twins in Vancouver suggests he's not opposed to having brothers in the same locker room.

TORSTAR NEWS SERVICE

Sports in brief

NHL The Colorado Avalanche fired general manager Francois Giguere yesterday after finishing last in the Western Conference. **METRO NEWS SERVICES**

SCOREBOARD

QMJHL

PLAYOFFS

YESTERDAY'S RESULT

Cape Breton at Quebec.

NHL

STANLEY CUP PLAYOFFS, FIRST ROUND

TOMORROW'S GAMES

N.Y. Rangers at Washington

Philadelphia at Pittsburgh

Carolina at New Jersey

St. Louis at Vancouver

THURSDAY'S GAMES

Montreal at Boston

Columbus at Detroit

Calgary at Chicago

Anaheim at San Jose

NBA

YESTERDAY'S RESULTS

Toronto 97 Washington 96

Cleveland 117 Indiana 109

New Jersey 91 Charlotte 87

Chicago 91 Detroit 88

Orlando at Milwaukee

New Orleans at Houston

Minnesota at Dallas

Sacramento at Denver

L.A. Clippers at Phoenix

Oklahoma City at Portland

San Antonio at Golden State

MLB

YESTERDAY'S RESULTS

Chicago White Sox 10 Detroit 6

Chicago Cubs 4 Colorado 0

L.A. Dodgers 11 San Francisco 1

Philadelphia 9 Washington 8

Pittsburgh 7 Houston 0

San Diego 6 N.Y. Mets 5

N.Y. Yankees at Tampa Bay

Baltimore at Texas

Toronto at Minnesota

Cleveland at Kansas City

Boston at Oakland

Cincinnati at Milwaukee

St. Louis at Arizona

Milestones in White Sox romp

MLB RECAP

White Sox 10, Tigers 6

Carlos Quentin homered twice and Jermaine Dye and Paul Konerko went back-to-back for each's 300th career home run, as the Chicago White Sox pounded out a 10-6 victory over the Detroit Tigers in the opener of a three-game series at Comerica Park.

Dye and Konerko started the second inning with their consecutive milestone homers to give the Sox a 2-0 edge.

"I told Paul I'd hit mine first," said Dye.

"It's pretty cool to have something like that happen on the same day and back-to-back."

PHILLIES 9, NATIONALS 8

Ryan Howard broke a tie game in the seventh inning with a three-run homer, and the Phillies hung on to beat the Washington Nationals, 9-8, in a somber day for many.

Harry Kalas, who was the play-by-play announc-



Alfonso Soriano, Reed Johnson and Kosuke Fukudome of the Chicago Cubs celebrate winning their home opener yesterday.

er for the Phillies since 1971, died at the age of 73 roughly two hours before the first pitch.

The Phillies, who have won four of five after dropping their first two games of the season, received solo home runs from Shane Victorino and Raul Ibanez in the victory.

CUBS 4, ROCKIES 0

Ted Lilly took a no-hitter into the seventh, while Angel Guzman, Aaron Heilman and Kevin Gregg came on in relief to finish off Chicago's brilliant pitching performance in a 4-0 drubbing of Colorado in the Cubs' home opener.

METRO NEWS SERVICES

For more sports coverage visit **metronews.ca**



Chew for strong teeth

Trident Xtra Care is the first gum in Canada that is made with Recaldent, a form of calcium that works to make teeth stronger and fill tiny crevices in teeth where cavities can begin to form. **BEST HEALTH MAGAZINE**

**15**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Watch your mouth

Oral health reflects a person's overall health, say experts

CELIA MILNE
for Metro Canada



Caring for your teeth and gums is critical for overall health.

In fact, did you know that proper dental care might lower your risk of heart disease?

"You can't claim to be healthy if your mouth is not healthy," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa.

When we don't brush and floss properly, plaque builds up in our mouths. Our gums then become inflamed. "Wherever there is inflammation it does create wear and tear on the whole system," Soucy told Metro. "When plaque builds up over the years, it could increase your chance of heart disease and other negative health outcomes."

Research shows that people with gum disease have more of other diseases such as pancreatic cancer, cardiovascular disease and premature births. Signs that you may have gum disease are that your gums bleed easily, are sore to the touch and look as if they are receding.

The early stage of gum disease, called gingivitis, is very common, especially as we age. It affects about 53 per cent of adults and as many as 98 per cent of those over age 60, according to a paper prepared by the Canadian Task Force on Preventive Health Care. Advanced



STOCK PHOTO

April is oral health month. Take heed of the Canadian Dental Association's recommendations to brush your teeth and tongue at least twice a day, floss every day and avoid excess sugar.

New and notable

- Throw out the toothpaste? Researchers at the University of Saskatchewan are testing a light-activated semiconductor

toothbrush that actually releases electrons to break down plaque. Pretty electrifying! **BEST HEALTH MAGAZINE**

gum disease is much less common, occurring in approximately seven per cent of young adults and 34 per cent of the elderly.

A glimpse at the international medical literature shows the association between dental health and heart health.

Many medical studies around the world show that oral health tends to reflect heart health, though proof

is still lacking that gum disease is a direct cause of cardiovascular disease. Researchers still haven't found the "smoking gun," says Soucy.

The Canadian Dental Association recommends the following steps to good oral health:

- See your dentist regularly.
- Brush your teeth and tongue at least twice a day.

- Floss every day.
 - Eat a well-balanced diet, avoiding excess sugar.
 - Watch for signs of unhealthy gums such as: Bleeding when you brush or floss, red and puffy gums, bad breath that won't go away, loose or sensitive teeth, receding gums, change in colour of the gums. See your dentist if you are concerned.
 - Look for warning signs of oral cancer: Bleeding, open sores, white or red patches, numbness or tingling, lumps in your mouth.
 - Don't smoke.
- April is oral health month, a reminder that we all need to take better care of our precious ivories.

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Until April 26, Lush cosmetics will be giving away seed bombs (pictured), which are flower seeds you are encouraged to plant.

Explosion of flowers

EARTH DAY Take back the pavement. That's one of the slogans of a new campaign by Lush, makers of handmade cosmetics.

From now until 26, Lush stores across Canada are giving out seed bombs. The idea is to throw the seed bomb somewhere that needs colourful flowers (vacant

lots, empty planter boxes and alleyways), and watch the transformation.

They call it a random act of kindness to Mother Nature, and it's to honour Earth Day on April 22.

Seed bombs are made of soil, seeds, water and clay and rolled into a small ball.

CELIA MILNE/FOR METRO CANADA

Good teeth, gums on the go

ORAL HEALTH To stay on top of your oral health, pack these products in your purse or gym bag to ensure you're caring for your teeth and gums even when you aren't at home.

• Ohso Marko Travel Toothbrush: This handy brush stores toothpaste inside the handle.

• Reach Cleanpaste: This floss is pre-coated with a toothpaste-like formula that leaves no residue.

• Spiffies Tooth Wipes: These were designed for in-

fants, but adults can use them, too, when brushing isn't an option.

• Pocket Sulcabrush: With this, there's simply no excuse for not cleaning between teeth.

LISA BENDALL/ FOR METRO CANADA

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16 health & beauty

Protect your teeth with yogurt

Researchers at two Japanese universities discovered that people who regularly eat foods containing lactic acid, such as yogurt, have a lower incidence of gum disease — a major cause of tooth loss in adults. **BEST HEALTH MAGAZINE**

Protect your pearly whites against damage

BRIAN COULTON
for Metro Canada

You sweat, snip and style to keep your body looking its best, but when it comes to your mouth, you might be making sacrifices that threaten your overall health and beauty.

"Previously, there weren't as many options to make your smile look better," says Dr. Charles Botbol, the namesake behind Toronto, Ont.'s Dr. Charles Botbol & Associates Cosmetic and Family Dentistry.

But technical advancements in whitening and porcelain dental substitutes, added to oral exposure on television shows like *Extreme Makeover*, he says, have caused people to want to protect their pearly whites.

"People are understanding that if they take good care of their teeth and gums and help prevent gum disease, which is the number one reason adults lose teeth, they're going to feel better and be healthier."

Prevention can be as simple as examining personal habits that cause oral damage. Drinking coffee, tea or red wine, smoking cigarettes and chewing on items like ice or pencils are popular routines

Botbol says contribute to dental damage.

But when it comes to that morning caffeine kick, or Shiraz on a Saturday night, sometimes our appetites for indulgence outweigh our conscience for care.

That's why Botbol recommends using a pre-brush rinse to help to whiten and maintain brightness of teeth, brushing with a soft-tooth brush and fluoridated paste twice daily for three minutes, flossing at least once a day and using an antiseptic rinse to purge germs.

And don't forget those lips. While the importance of oral health is undeniable, keeping the area surrounding the mouth healthy with an SPF protectant is a tool Botbol says will enhance the appearance of healthy teeth.

"Like a piece of art, if you have a gorgeous picture painted by Picasso and the frame is beat up, it takes away from that picture. If your teeth are beautiful but your lips are chapped and you're not moisturizing them and protecting them from the sun, your lips are the frame for that picture."

Lips are an important factor when considering oral health. Keep the mouth area moisturized and protected. For UVA/UVB protection, try Burt's Bees' Sun Protecting Lip Balm, SPF 8, left. Available at specialty, health and drug stores, \$4.49.



Sexual innuendo at work

Flirtation, banter in the office is bad for morale, reveals new study

The J Spot

Josey Vogels

metronews.ca/thejspot

It'd be a pretty dull day at the office if no one ever cracked a dirty joke. But, some say, years of zero tolerance sexual harassment policies in the workplace have produced a frigid climate where everyone has to check their sexual bearings at the reception desk (without making an inappropriate comment to the receptionist, of course).

Well, a new study has broken the ice... sort of. Researchers at University of Toronto's Rotman School of Management and the University of British Columbia's Sauder School of Management discovered that some employees say they actually, gasp, enjoy the occasional sexually charged joke, discussions of sexual matters or flirtation around the office.

But before you go patting your co-worker on the butt, the study also found that the same workers who said they enjoyed some sexual banter in the workplace also withdrew from work, felt



One only has to watch an episode of *Mad Men* to see how bad things might still be if we hadn't put on the brakes on sexual banter/behaviour policies in the workplace.

less valued and reported depressive symptoms more often than employees who experienced little to no sexual behaviour at the office.

In other words, a little sexual innuendo might be good for a laugh, but it's lousy for morale and productivity.

"In our culture, sexuality has connotations of domination, subordination and vulnerability," said professor Jennifer

Berdahl, co-author of the study.

"Often a dominating behaviour is a way of making someone squirm. Why bring this into the workplace?"

Considering how quickly most dinner party conversation eventually gets around to the topic of sex, it's unrealistic to think that people who spend eight to 12 hours a day together aren't ever going to go there.

"In our culture, sexuality has connotations of domination, subordination and vulnerability ... Often a dominating behaviour is a way of making someone squirm. Why bring this into the workplace?"

Jennifer Berdahl,
professor

But you only have to watch an episode of *Mad Men* to see how bad things might still be if we hadn't put on the brakes. Sexual harassment laws did much to eliminate the day when it was okay to make "bosom" cracks in front of your female secretary.

Sure, harassment laws can be applied overly zealously — using them to stop a man from putting a picture of his wife in a bikini on his desk, something that apparently happened somewhere in the U.S., for example.

But, as far as I'm concerned, as long as men and women are too daft to recognize behaviour that makes another person squirm, we still need rules to keep the workplace from feeling like a singles' bar or, even a dinner party.

And no, I don't think that's funny.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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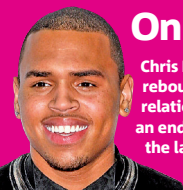
To register & obtain an official Road to Recovery pledge sheet, please contact:
Donna Methot at (902) 462-8658 or hmcchapterssns@accesswave.ca
For more information, please visit: www.ssns.ca

Jewison to be honoured

Cher, Faye Dunaway, Eva Marie Saint, Carl Reiner, Marilyn & Alan Bergman and famed cinematographer Haskell Wexler will join Canadian filmmaker Norman Jewison on stage for a special conversation about Jewison's legendary career in Los Angeles this Friday. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



On the rebound

Chris Brown is reportedly on the rebound, just weeks after his relationship with Rihanna came to an end. The N.Y. Daily News reports the lady is a Virginia college student. **POPEATER.COM**

Metric takes a positive turn

BRYAN BORZYKOWSKI
for Metro Canada

Emily Haines might live in Toronto, but the jet-setting lead singer of Metric, has trouble writing music there. On Fantasies, the burgeoning indie rock band's fourth album, the songstress moved to Argentina for a couple of months to clear her head and pen her new album.

"Sometimes you have to remove self from your immediate environment to get perspective with what's going on," she says on the phone from New York. "I was on the road so much that when it came to writing a Metric record, I didn't feel like making a disc called 'I've been on tour for the past five years.' I forced



Fantasies, the new album from Toronto indie rock act Metric, is now available in stores and online.

myself to experience something that is outside the realm of anyone who knew me."

Haines almost went to North Carolina first, but at the last minute she found an apartment in Buenos Aires with a piano. She brought her Pro Tools enabled laptop and she was ready to go.

Don't worry though, Fantasies isn't filled with South American sounds — if anything getting out of Dodge allowed Haines to challenge herself without the watchful eye of the Toronto music industry looking on. "Doing this gave me a chance to get away from everything and return to what I do best, which is

write songs," she says. "As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."

The end result is another deeply intense and dark new wave, indie pop disc. Musically it's not a major departure from Live It Out or Old World Underground

— though it's arguably better than both those discs — but lyrically, Haines sounds slightly more cheery than usual.

While she won't say exactly why her lyrics take a more positive turn this time around ("I don't see any value of explaining what something is," she says), she does admit that the band was interested in fantasizing about the future and what happens when dreams come true.

"Anything you can imagine you can make real," she says. "That was really our preoccupation and how everyone I know is trying to navigate every day of their life. It's about their power of imagination over their environment."

For Metric's members, many of their dreams have

"As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."

Emily Haines

become real. They've opened for The Rolling Stones at Madison Square Garden, they've played every important festival and they're one of the more respected indie acts around. Yet, Haines claims she's never had a plan to be where she is today.

"I follow an impulse to make things when I need to make them," she explains. "And I have no idea what is going to happen next."

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/14/09	31	31	31	ABC News (N)	ABC News (N)	Inside Edition	Chronicle	According-Jim	According-Jim	Dancing With the Stars	Cupid (N)	
	7	7	7	ASN The Road to Avonlea	Instant Star	Instant Star	TMZ (N)	Reaper The Good Sol	Reaper The Good Sol	Dancing With the Stars	Without Trace	
	11	11	11	CBC Coronation St.	Jeopardy! (N)	Hockey Night in Canada	Rick Mercer	22 Minutes	22 Minutes	CBC News: The National	The Hour	
	2	2	2	CBC-F Urgences (SC)	Urgences (SC)	Virginie (SC)	La Factice	Beautés désempées (SC)	Beautés désempées (SC)	Les Galas 2007 du Festival	La Téléjournal	
	32	32	32	CBS News (N)	Evening News	The Insider (N)	Entertainment	NCIS 'Nine Lives'	NCIS 'Nine Lives'	The Mentalist (HDTV)	Without Trace	
	69	69	69	CFTM TVA 18 heures	Le Cercle (SC)	Qui perd gagne (N) (SC)	La Factice de la danse (SC)	Kilimanjaro	Kilimanjaro	TVA 22 heures	TVA 22 heures	
	6	6	6	CHIF Entertainment	ET Canada	90210 'Okaen, Donna!'	NCIS 'Nine Lives'	American Idol	American Idol	Project Runway Canada	News (N)	
	9	9	9	CJCH etalk	Hollywood	Law & Order: SVU	Podium TV	American Idol	American Idol	EastLink Television	News (N)	
	10	10	10	ELTV (6)	EastLink Television	Two/Half Men	Two/Half Men	The Biggest Loser (N)	The Biggest Loser (N)	(10:01) Fringe (N)	Fox First	
	36	36	36	FOX Deal-No Deal	The Simpsons	Hollywood	Extra (N)	The Hour	The Hour	CBC News: The National	Law/Ord SVU	
prime time	12	12	12	NBC News (N)	NBC News	CBC News	Newman	The Hour	The Hour	Frontline/World (DVS)	Killer Stress	
	29	29	29	NW World News	Business	Business Rpt.	Worldfocus	Nova (N) (DVS)	Nova (N) (DVS)	400 Years of the Telescope	Frontline/World	
	4	4	4	PBS-B NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Greater Boston	La Plaza-Maria	Nova (N) (DVS)	Nova (N) (DVS)	Men in Trees: leçons	110 pour cent	
	35	35	35	PBS-D NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Nova (N) (DVS)	Nova (N) (DVS)	Men in Trees: leçons	110 pour cent	
	68	68	68	TQS Rire et délire	Chemin du golf	Loft Story	Suite 309	Lipstick Jungle (SC)	Lipstick Jungle (SC)	Workopolis TV	Market Call	
	23	23	23	BNN Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Squeeze Play	Market Call	
	18	18	18	CNN Situation Room-Wolf Blitzer	Lou Dobbs Tonight	Lou Dobbs Tonight	Campbell Brown: No Bias	Campbell Brown: No Bias	Campbell Brown: No Bias	Larry King Live (N)	Cooper 360	
	54	54	54	GOLF Golf Central	Top 10	The Approach	Inside PGA	The Greatest Game Ever Played ** (2005, Drama)	The Greatest Game Ever Played ** (2005, Drama)	MLB Baseball Toronto Blue Jays at Minnesota Twins (HDTV) (Live)	MLB Baseball Toronto Blue Jays at Minnesota Twins (HDTV) (Live)	
	52	52	52	RSE Hockeycentral	Hockeycentral	Cabry Unlimit	Court Cuts	NBA Basketball Boston Celtics at Philadelphia 76ers (Live)	NBA Basketball Boston Celtics at Philadelphia 76ers (Live)	Super Bikes!	Super Bikes!	
	55	55	55	SCOR WWE Monday Night Raw	WWE Monday Night Raw	Pass Time	Low Life	Low Life	Low Life	Super Bikes!	Super Bikes!	
news	45	45	45	SPD Unique Whips	Unique Whips	Pass Time	Low Life	Low Life	Low Life	Super Bikes!	Super Bikes!	
	53	53	53	TSN Hockey: IHLF World U18 Championship	Hockey: IHLF World U18 Championship	SportsCentre	Draft Lottery	Fantasy Draft	Fantasy Draft	Playoffs: Preview	Playoffs: Preview	
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	Zack & Cody	Latest Buzz	Latest Buzz	Life Derek	Life Derek	
	44	44	44	TOON Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	
	26	26	26	TREE Ni Hao, Kai-Lan	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Max & Ruby	Little Bear	Maggie-Beast	
	27	27	27	YTV Drake & Josh	iCarly	Adrenaline Proj	Survive This	Malcolm-Mid.	Futurama	Family Biz (N)	Prank Patrol	
	16	16	16	A&E Cold Case Files	CSI: Miami (HDTV)	CSI: Miami (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	Fish Out	Mixed Blessing	
	70	70	70	APTN News (N)	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Cashing In	Fish Out	Mixed Blessing	
	50	50	50	BLN 106 & Park: BET's Top 10 Live	Top 10 Countdown	Beauty Shop ** (2005, Comedy)	Queen Latifah	Beauty Shop ** (2005, Comedy)	Queen Latifah	College Hill	College Hill	
	37	37	37	BRVO Street Legal	Rockabilly 514	Live at the Rehearsal Hall	Home Improve.	Home Improve.	Home Improve.	Reba	Reba	
sports	25	25	25	CMT Cross Canada Countdown	Comedy Now	Air Force	Just for Laughs	Cops Uncut	Corner Gas	The Simpsons	South Park	
	49	49	49	COM Laughs	Comedy Now	Air Force	Just for Laughs	Cops Uncut	Corner Gas	The Simpsons	South Park	
	153	153	153	COURT Killer Next Door	Killer Next Door	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	
	44	44	44	HGTV Holmes-Homes	Holmes-Homes	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	
	36	36	36	HIST Crime Stories	Crime Stories	NCIS 'Family'	The O.C.	Instant Star	Instant Star	CollegeHm	Video on Trial	
	17	17	17	MM CollegeHm	Video on Trial	The O.C.	Instant Star	Instant Star	Instant Star	CollegeHm	Video on Trial	
	19	19	19	MM mmtop10.ca	The Daily Fix	The Daily Fix	Ranked!	Ranked!	Ranked!	Rock Roundup	Entourage	
	201	201	201	M1 (6:15) Stardust *** (2007, Fantasy)	(6:15) Stardust *** (2007, Fantasy)	Hannah Montana/Miley Cyrus: Best of Both	Departures	Departures	Departures	Leatherheads (2008, Romance-Comedy)	Leatherheads (2008, Romance-Comedy)	
	48	48	48	OLN American Gladiators	Bounty Hunter	Bounty Hunter	Bounty Hunter	Departures	Departures	Mantracker	Bounty Hunter	
family	51	51	51	PEACH Seinfeld	Friends	MLB Baseball Florida Marlins at Atlanta Braves (HDTV) From Turner Field	(8:20) Crosswinds (1994, Drama)	The Muse ** (1999, Comedy)	The Muse ** (1999, Comedy)	The Muse ** (1999, Comedy)	The Muse ** (1999, Comedy)	
	206	206	206	PIX (6:50) Black Pearls ** (1990, Drama)	(6:50) Black Pearls ** (1990, Drama)	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	RDl en direct	RDl en direct	
	67	67	67	RDl en direct	RDl en direct	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	RDl en direct	RDl en direct	
	39	39	39	SHOW Wife Swap	Wife Swap	The Outer Limits	Mutant X 'Blood Ties'	Testees	Testees	Trail Park	Saving Grace	
	40	40	40	SLICE The Mom Show	The Mom Show	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride	Rich Poor	
	47	47	47	SPAC Stargate SG-1	Stargate SG-1	Stargate Atlantis (DVS)	Star Trek: Voyager	Torchwood 'Reset'	Torchwood 'Reset'	Super Heroes	Super Heroes	
	14	14	14	SPIKE CSI: NY (HDTV)	UFC Unleashed	UFC Unleashed	UFC Unleashed	UFC Unleashed	UFC Unleashed	Ultimate Knockouts 6	Warrior	
	57	57	57	STAR etalk	Hollywood	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	etalk	Pretty Wicked	Tonight Show	
	21	21	21	TLC What Not to Wear	What Not to Wear	On the Road With 16 Children	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Raymond	
	56	56	56	34 TROP What Happen?	What Happen?	Survivre Un jeune oryx.	Murder, She Wrote 'Nailed'	Chambers	On the Buses	Quantum Leap	I Prophecy	
cable variety	20	20	20	TVS Que-champion	Journal de F2	Survivre Un jeune oryx.	Murder, She Wrote 'Nailed'	Chambers	On the Buses	Quantum Leap	I Prophecy	
	28	28	28	V Doc 'My Secret Identity'	Mysterious Ways	Judging Amy	Will & Grace	Friends	Remedy Me	Keep Real	Style by JURY	
	60	60	60	VV Mysterious Ways	Mysterious Ways	Judging Amy	Will & Grace	Friends	Remedy Me	Keep Real	Style by JURY	
	22	22	22	WGN Style by JURY	Style by JURY	Will & Grace	Friends	Remedy Me	Keep Real	Style by JURY	Style by JURY	
	251	251	251	WGN Be-Millionaire	Evening News	Two/Half Men	Family Guy	Reaper 'The Good Sol'	90210 'Okaen, Donna!'	90210 'Okaen, Donna!'	WGN News	

critics' corner

Project Runway Canada

Unlike far too many reality competitions, which seem to offer vicious backstabbing for its own sake, "Project Runway Canada," hosted by supermodel Iman, actually provides insight into the creative process of fashion designers — with just enough vicious backstabbing to keep it lively. In this episode, the three finalists show their work at Fashion Week in Toronto. 10 PM on CIHF



Hockey Night in Canada: Stanley Cup Countdown

Time for casual hockey fans — assuming such people exist in Canada — to start paying attention, as Stanley Cup time is upon us. In this special, Ron MacLean gathers his Hockey Night in Canada colleagues together to lay the groundwork for the post-season by breaking down the eight playoff series and examining the 16 teams that will be taking part. 8 PM on CBC

Live at the Rehearsal Hall

In the 2006 broadcast "Bruce Cockburn," the veteran singer-songwriter christens the newly renovated interior of the Queen Street Rehearsal Hall with a show that includes old favorites and selections from his instrumental album "Speechless." 9 PM on BRAVO

Weekdays @ 9pm

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Classified - Anybody Listening

Flo Rida - Sugar

Lady Gaga - Lovegame

Karl Wolf Ft Culture - Africa

Britney Spears - If U Seek Amy

Soulja Boy - Kiss Me Thru The Phone

Black Eyed Peas - Boom Boom Pow

3OH!3 - Don't Trust Me

Flo Rida - Right Round

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Robbie Williams will not be returning to Take That, former bandmate Gary Barlow says. Williams said last month a reunion was "looking more likely by the week," but Barlow said "Robbie won't be joining," *ananova.com* reports. **METRO NEWS SERVICES**

Celebrity Buzz

Brangie to adopt again?

KIDS After striking out in India and Burma, Brad Pitt and Angelina Jolie are reportedly looking to the Philippines to adopt their next child.

"Brad and Angie flew out together," a source tells the *Daily Mail*. "They want to add to their family and tried to adopt from Burma, but



the authorities are very strict, so they decided to look at the Philippines."

However, Manila International Airport Authority general manager Alfonso

so Cusi says there is no sign the couple has been in the country at all in the last week.

"I have checked with all our offices co-ordinating VIP arrivals as well as with the Bureau of Immigration. Sorry to disappoint the fans, but they did not come to the Philippines," Cusi told the Filipino newspaper the *Inquirer*.

METRO WORLD NEWS

Blake fathers illegitimate kid?

RUMOUR Looks like Amy Winehouse reconciling with her estranged husband, Blake Fielder-Civil, just got less likely. Mother of two Gillean Morris tells *News of the World* that she's having another baby — and it's Fielder-Civil's.

The woman says she had a brief affair with Fielder-Civil while in a rehab facility in February, and she's now six months pregnant. "Blake seduced me and we had a secret fling," Morris tells the newspaper, adding that while he was shocked when

he heard about her pregnancy, "he vowed to stand by me and raise the child."

METRO WORLD NEWS



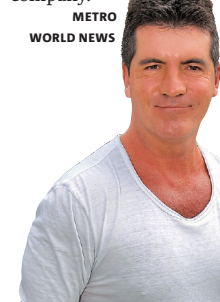
Simon's career time crunch

PEOPLE Apparently even Simon Cowell is mortal, *tvguide.com* reports.

The man who brings a certain something to American Idol, its across-the-pond predecessor, X Factor, and Britain's Got Talent, is beginning to question whether he can keep the candle burning at all three ends. And that's not even factoring in his work as a music producer.

"I don't want to come over as whiney, because I am very grateful that I have got these jobs," Cowell tells the U.K.'s *Daily Mirror*.

"But there is a point where I am not sure we can keep this schedule up. I am not sure we can sustain me doing three shows a year, (along) with the record label and the TV production company."



METRO WORLD NEWS

Madonna still wants Mercy

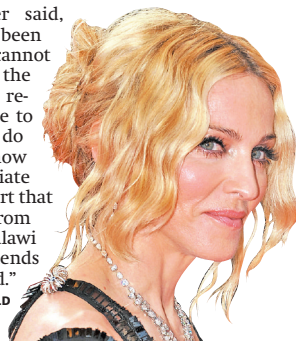
LEGAL Madonna is making it very clear that she still wants to adopt three-year-old Mercy James from Malawi, even though her initial application to take custody of the girl was rejected.

"I want to provide Mercy with a home, a loving family environment and the best education and health care possible," Madonna said in an email to Malawian newspaper the *Nation*.

And in a statement to

CNN, the singer said, "Though I have been advised that I cannot publicly discuss the pending appeal regarding my desire to adopt Mercy, I do want to say how much I appreciate the level of support that I have received from the people of Malawi and my friends around the world."

METRO WORLD NEWS



Charlize sticks up for gay marriage

OPINION Charlize Theron says the current marriage laws are a "form of apartheid," *femalefirst.co.uk* reports.

The South African-born actress — who has previously stated she will not marry her long-term partner Stuart Townsend until same-sex marriage is legal in the U.S. — can't understand why America refuses to give gay people the same rights as their heterosexual counterparts.

She said: "I don't like living in an elitist world, it bothers

me. I don't want to be part of an elitist sexual preference. It bothers me, maybe it's because I come from a country where I lived under apartheid but this is a form of apartheid

and I don't want to be a part of that.

"It's not the reason I'm not getting married but it's maybe a part of it."

Charlize, 33, praised Milk — which won Sean Penn a Best Actor Oscar for his portrayal of gay politician Harvey Milk — for helping keep the issue in the public consciousness.

She said: "I just loved the film, I absolutely loved the film. I loved the way it was embraced and the speeches and this conversation that we're constantly having about this issue, I don't want that to go away, I want us to keep having it."

METRO NEWS SERVICES



Drew's special pet bond

PEOPLE Drew Barrymore lets her dog customize her jeans, *femalefirst.co.uk* reports.

The actress encourages her yellow Labrador-Chow mix pet Flossie to rip up her new pairs of denim trousers to give them a fashionably distressed appearance.

A source said: "She lets

Flossie chew on them and rip them up a bit and then she throws them in the washing machine. She thinks the look perfect! Not too calculated."

Barrymore regularly speaks about her beloved pet pooch and the special bond the pair share. She once said: "Flossie is like my little daughter. I can't

wait to have kids."

Barrymore — who is believed to have recently rekindled her romance with actor Justin Long — was saved by Flossie when a fire struck the \$3-million US mansion she shared with then-husband Tom Green in 2001.

METRO NEWS SERVICES



Get help: Sam to LiLo

BREAKUP While their very public breakup is more than a week old, friends say Lindsay Lohan and Samantha Ronson are still talking to each other — and Ronson is still concerned about Lohan's well-being.

"Sam has

begged Lindsay to get help," a source tells *People* magazine. "Lindsay barely sleeps, which explains a lot of her behaviour. She's exhausted. She can't even sit down for a minute without pacing around the room. It's really sad."

METRO NEWS SERVICES



Miley defends memoir

PEOPLE Hannah Montana star Miley Cyrus has defended her memoir against critics insisting she's too young to publish her life story at age 16, *femalefirst.co.uk* reports.

Cyrus speaks out about growing up in the spotlight, being tormented by bullies and her breakup with Jonas Brothers singer Nick Jonas in her new autobiography *Miles to Go*.

And though the teenager admits she still has many lessons to learn, she is convinced sharing her many experiences will be eye-opening for her young fans.

She tells *Glamour* magazine, "People are

like, 'You're 16, why would you write your life story?' But in the business I'm in, I have lived a life that some people who are in their 60s haven't lived. I've gone through a lot and seen a lot. But I still have a lot to learn."

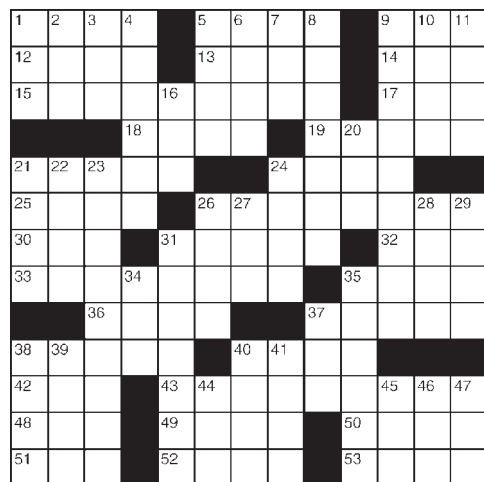
METRO NEWS SERVICES





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



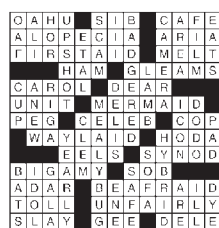
Crossword across

- 1 Cry like a banshee
- 5 "Say again?"
- 9 Crafty
- 12 Europe's neighbour
- 13 German car name
- 14 Tiny veggie
- 15 Peter Parker's alter ego
- 17 Cartesian conclusion
- 18 Hostels
- 19 Doves
- 21 Founded (on)
- 24 Unaccompanied
- 25 Swiss peaks
- 26 Directly
- 30 Floral neckwear
- 31 Actor Alan
- 32 NASA deviation
- 33 Last page?
- 35 Small combo
- 36 Nestling hawk
- 37 Dashboard features
- 38 Folkways
- 40 Painter Mondrian
- 42 Actress Gardner
- 43 1984 mockumentary subject
- 48 Buddy
- 49 Sea flock
- 50 Therefore
- 51 Wapiti
- 52 Method (Abbr.)
- 53 Turned blue?

Crossword down

- 1 Existed
- 2 Cleopatra's slayer
- 3 Mid-afternoon hour
- 4 Restroom designation
- 5 Caution
- 6 Runs smoothly
- 7 Oklahoma city
- 8 Small-timer
- 9 Freshwater algae
- 10 Begin
- 11 Sweet potatoes
- 16 Conclude
- 20 Yale student
- 21 Hairless
- 22 Sheltered
- 23 It takes thyme
- 24 Use a teaspoon
- 26 Spheres
- 27 Guitar's kin
- 28 Greet
- 29 Pairs
- 31 Accumulates
- 34 CBS logo
- 35 Named
- 37 Narcus' org.
- 38 Jerry Herman musical
- 39 Ellipse
- 40 Needles' mates
- 41 "Meet Me — Louis"
- 44 Use a crowbar
- 45 Take a shot at
- 46 Time of your life?
- 47 Home for 14-Across

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	9	4	6	1	3	5	8	2
6	3	8	9	2	5	1	4	7
1	2	5	4	8	7	9	3	6
2	8	7	5	3	9	6	1	4
5	6	9	7	4	1	8	2	3
3	4	1	2	6	8	7	5	9
8	5	6	3	9	2	4	7	1
4	7	3	1	5	6	2	9	8
9	1	2	8	7	4	3	6	5

Find today's answers + play more games at metronews.ca

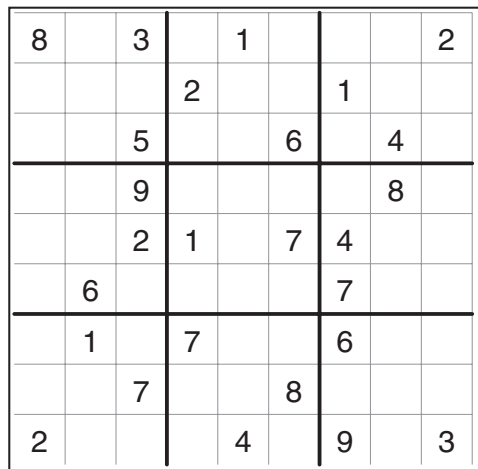
SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Diner-style Hash Browns

INGREDIENTS:

- 1 1/2 lbs (750 g) all-purpose potatoes, peeled
- 3 slices turkey bacon, chopped
- 1 medium onion, chopped
- 1 medium green bell pepper, seeded and chopped
- 1/2 tsp (2 ml) paprika
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tbsp (25 ml) margarine

METHOD:

1. Coarsely grate potatoes into large bowl of ice water. Let stand 10 minutes.
2. Meanwhile, cook bacon in large non-stick frying pan over medium-high heat until crisp, 5 minutes. Transfer to paper towels to drain, leaving drippings in pan.
3. Sauté onion and green pepper in pan until soft, 5 minutes. Transfer with slotted spoon to paper towel.

4. Drain potatoes, squeezing out water. Transfer to dish towel and pat dry. Combine potatoes, bacon, onion, green pepper, paprika, salt and black pepper in large bowl.
5. Add margarine to drippings and melt over medium heat. Spread potato mixture evenly in frying pan and cook, without stirring, until golden brown and crispy on bottom, 15 minutes. Place large plate over pan and invert. Slide potatoes back into frying pan. Cook until golden brown and crispy on second side, 10 minutes.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Outsiders will cringe due to your ferocity. Discomfort brings a great deal to an end. An adored person rides off into the sunset.



TAURUS
APRIL 21-MAY 21
Disregarded desire causes too much disharmony. You can't do something over again. A lover will find a way to build you up.



LIBRA
SEPT 23-OCT 23
An intimate friend has a sordid tale to tell. There's no help for an innate personality defect. Take responsibility for teaching a lesson.



SCORPIO
OCT 24-NOV 22
Get professional advice about computer problems. A bungler will slow down progress. Watch out for toxic companions.



GEMINI
MAY 22-JUNE 21
Don't pass judgment on anybody. There's a fortuitous meeting with an ally. A brilliant performance gets noticed.



SAGITTARIUS
NOV 23-DEC 21
Have facts and figures ready for a younger person. A disgruntled associate puts the ball in your court. Transit problems cause quarrels.



CANCER
JUNE 22-JULY 22
A chatty buddy makes points with humour. A kind person takes note of your feelings. Start fresh when making decisions.



CAPRICORN
DEC 22-JAN 20
Scintillating memories will come to mind. A winning plan has everyone cheering. Don't get exasperated by a change of fortune.



LEO
JULY 23-AUG 23
Make a shocking request this afternoon. A forceful woman's skills come in handy. Get paperwork done before taking a drastic step.



AQUARIUS
JAN 21-FEB 18
Ask about a hidden need for security. Don't be wounded by a shocking experience. Triple check your thoughts before replying.



VIRGO
AUG 24-SEPT 22
Love life gripes force you to make a decision. Resist the desire to make impressive remarks. Don't ignore a favourite person's demands for loyalty.



PISCES
FEB 19-MARCH 20
Problems with a friend lead to emotional turmoil. People will visit and remove your fear of the future. Expect confusion and odd behaviour.



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This day in history

- APRIL 14, 42 BCE: Battle of Forum Gallorum: Mark Antony, besieging Julius Caesar's assassin Decimus Junius Brutus in Mutina, defeats the forces of the consul Pansa, who is killed.
- APRIL 14, 1775: The first abolition society in North America is established. The Society for the Relief of Free Negroes Unlawfully Held in Bondage is organized in Philadelphia, Pennsylvania by Benjamin Franklin and Benjamin Rush.
- APRIL 14, 1865: United States President Abraham Lincoln is shot in Ford's Theatre by John Wilkes Booth.
- APRIL 14, 1927: The first Volvo car premieres in Gothenburg, Sweden.

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